



Super Special Rate – Combined Courses for Certification

CALA Foundations of Vertical Water Training Course (VWT) & Group Aquafitness Specialty Training & Certification (GAF) Course

If you have already completed the courses & choose to refresh your knowledge by repeating the VWT & / or the GAF Course, you will earn 12 CALA CECs for each course you repeat.

Also earn CECs with canfitpro, NBFA & NSFLA

The Canadian Aquafitness Leaders Alliance provides **top-notch training** and access to up-to-date information for fitness professionals in one on one and group settings. The training sets the stage for leaders, coaches, post rehabilitation specialists, athletes and personal trainers to learn **how to use water effectively** in the design and the delivery of **safe, productive and innovative training sessions**. Experience **practical application of evidence-based theory** using an **integrative approach to learning**. CALA is a Canadian company with international branches. The CALA holistic approach encourages **the body to move, the mind to discover and the spirit to soar**. Recognized as the **gold standard** in leadership training, CALA provides **solid research based programs in deep and chest deep water**. CALA courses & workshops are accredited by many international, national (canfitpro, YMCA-YWCA, CFES) and provincial (AFLCA, BCRPA, SPRA, OFC, NSFA, SportPEI) fitness organizations.

HOST: TCAP Family Aquatics & Fitness Centre, 55 Wood Island Hill, Montague, Prince Edward Island
Contact the host William Calhoun at 902-838-3429 or tcapmanagers@gmail.com

AGENDA: Expect to be in the water twice per day, moving on dry land & sitting at a desk taking notes

VWT: Wed Jan 24 8am – 5pm (+ community class: Shallow: 9am – 9:45am)

VWT: Thurs Jan 25 8am – 5pm (+ community class: Shallow: 9am – 9:45am Shallow/Deep 1pm – 1:45pm)

VWT: Fri Jan 26 7:30am – 11:30am (+ community class: 7:45am – 8:45am Chest Deep: 9am – 9:45am)

GAF: Fri Jan 26 12:00pm – 4:30pm

GAF: Sat Jan 27 8am – 5pm

GAF: Sun Jan 28 8am – 4pm

Note: Current TCAP classes will be integrated into this CALA Vertical Water Training Course

CHOICES: YOU MUST BE A CALA MEMBER (\$59 + tax) TO REGISTER FOR THE FOLLOWING:

1. Special Rate Combined VWT & GAF \$499 + tax
2. Vertical Water Training Pre-requisite Course only \$280 + tax
3. Group Aquafitness Certification Course only \$280 + tax
4. VWT Refresher Rate: Jan 24, 25, 26 (am) \$150 + tax ***EARN 12 CALA CECs**
5. GAF Refresher Rate: Jan 26 (pm) & Jan 27, 28 \$150 + tax ***EARN 12 CALA CECs**

Add \$25 + tax after January 10, 2018 – Late registration fee

CERTIFICATION Dates: To be confirmed at the course. Included in prices above

1. **Open-Book VWT Exam Writing and GAF Practical Assessment dates:** We will choose one date to write the open book VWT exam (2.5 hrs) & another to complete the GAF practical assessment (30 minutes). You must book through the CALA office to secure your exam and assessment.

2. **Group Aquafitness (GAF) Assignment Submission:** Email in word (.doc) to cala_aqua@mac.com

3. **Group Aquafitness (GAF) Practical Assessment:** 30-minute mini-class demo

CALA Certification Process:

- Step 1. Complete the Vertical Water Training 2.5 hour open-book Theory Exam
- Step 2. Complete the Group Aqua Fitness Course
- Step 3. Complete Group Aqua Fitness Assignment and Practical Assessment

Register: 1-888-751-9823 or cala_aqua@mac.com VISA, MasterCard or e-transfers!

CALA VWT PRE-REQUISITE & GAF SPECIALTY Course - REGISTRATION FORM

TCAP Family Aquatics & Fitness Centre, Montague, PEI – January 24, 25, 26, 27, 28, 2018

Name: _____ CALA Member # _____
 Address: _____ Joining Now: (\$59 + tax)
 City: _____
 Province: _____ Home Tel. #: _____
 Postal: _____ Work Tel. #: _____
 Email: _____ Cell Phone #: _____

Course Option	Membership	Includes	Fees Add \$25 + tax after Jan 3
Combined VWT & GAF Specialty Course Jan 24, 25, 26, 27, 28	All participants	Membership, VWT & GAF Course Manuals, 40hrs Training, Certification fees: Open-book Theory Exam, Group Aquafitness Assignment & Practical Assessment fees	\$499 + tax
VWT Course only Jan 24, 25, 26 (am)	Current CALA Member	VWT Course Manual, shipping & handling fees, 20 hrs Training & Open book Theory Exam fee	\$280 + tax
VWT Course only Jan 24, 25, 26 (am)	Non Member-Joining Now	VWT Course Manual, handling & shipping fees, 20 hrs Training, & VWT open book Theory Exam, + membership	\$339 + tax
GAF Course only * must have completed VWT Jan 26 (pm), 27, 28	Current CALA Member	GAF Course Manual, handling & shipping fees, 20 hrs Training & Certification fees - Group Aquafitness Assignment & Practical Assessment Fees	\$280 + tax
GAF Course only * must have completed VWT Jan 26 (pm), 27, 28	Renewing Member-Now	GAF Course Manual, handling & shipping fees, 20 hrs Training & Certification fees - Group Aquafitness Assignment & Practical Assessment Fees	\$339 + tax
VWT Refresher Fees for CECs Jan 24, 25, 26	Current CALA Member	Refresher VWT on Jan 24, 25, 26 (am). Earn 12 CALA CECs & CECs with canfitpro & OFC & YMCA-YWCA	\$150 + tax
GAF Refresher Fees for CECs Jan 26, 27, 28	Current CALA Member	Refresher GAF on Jan 26(pm), 27, 28. Earn 12 CALA CECs & CECs with canfitpro & OFC & YMCA-YWCA	\$150 + tax

No refund for withdrawal from the course. Fees can be applied to future CALA events, \$75 + tax fee will be charged.
 If you are qualified in aqua-fitness or a related fitness field, you may be able to bypass the VWT! Call CALA for more info.
VISA and MasterCard are accepted; or direct deposit or e-transfer

VISA MCard Direct Deposit E-Transfer Amount Paid: \$ _____ (See above for correct fee option)
 Date _____ Name on Card _____
 Card # _____ Exp. Date: (Month / Year) _____
 Signature _____

To register: Call CALA at 1-888-751-9823 or email completed registration form to cala_aqua@mac.com

Accommodations: River house Inn, 33 Brook St., Montague, PE; 800-268-7532, info@lanescottages.com
 Or Georgetown Historic Inn, 62 Richmond St. Georgetown, PE, 877-641-2412
 Or Local B&B

Office Use Only: Date: _____ Initials: _____ Invoice # _____ Paid: _____ Confirmation Letter: _____
 New Member #: _____ Receipt: _____ Promo: _____ VWT Manual mailed: _____ GAF Manual mailed: _____